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Your essential daily news | TUESDAY, JANUARY 17, 2017

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BABY BOOM

$10 a day childcare in B.C. would pay for itself — and more metroNEWS

ISTOCK

Responding to the critics

HOUSING

Homeowner loans will free rental supply, says Coleman

Jen St. Denis
Metro | Vancouver

B.C.'s minister responsible for housing fired back at critics of a new taxpayer-backed loan program intended to help first-time homebuyers cover the cost of a down payment.

"To be able to get into your first home and stabilize your family is a good thing," said Rich Coleman at a Jan. 16 press conference in Vancouver, the same day applications for the program opened. "Not every family has the ability to do that, but government in this case has some ability because of our fiscal stability."

The BC Home Partnership program offers interest-free, payment-free loans for the first five years to first-time homebuyers who are pre-approved for an insured high-ratio first mortgage, where the down payment is less than 20 per cent of the home's purchase price. The government expects to spend $703 million over three years on the program.

Economists have criticized the plan, saying it will push already-inflated Metro Vancouver home prices up further, encourage home buyers to take on more debt and benefit home sellers and the real estate industry most.

It's one of several programs the provincial government has recently introduced to incentivize homeownership. While some critics have said the focus on boosting homeownership leaves renters out, Coleman said the down payment loan program would help renters as people who are currently renting opt to buy a home, freeing up more supply.

He also disputed that the program would push up prices.

"This isn't going to fuel the market; it's not large enough to change the market," he said.

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Canadian embassy in D.C. to serve up national cuisine for Trump's inauguration. **World**

Cars yielding to a new reality

Road works are coming to the city's busiest bike route: the Union-Adanac bike corridor. The route could see 11 upgrades that include a cul de sac that will cut off cars. Metro gets some of the details from city staff.

WANYEE LEE METRO VANCOUVER

A woman on a bicycle crosses Main Street at Union Street on the Union-Adanac bike route. The city is hosting a pair of open houses in January on proposed changes for the city's busiest local (non-barrier) bike route. JENNIFER GAUTHIER/METRO

The City of Vancouver's busiest local bike route will see upgrades intended to improve both cyclist and pedestrian safety later this year — including a cul de sac at Adanac and Nanaimo that would block car access in both directions.

The Union-Adanac bike corridor is Vancouver's busiest non-barrier bike path, allowing 5,000 cyclists to cross the city every day, according to the city. Its popularity has ensured no shortage of feedback from users in recent years, the city told Metro.

"We've basically taken all of that feedback over the years into account and proposed a number of locations to try and improve both the cycling experience (and) also the walking experience for people who are walking (along) Adanac," said Paul Storer, manager of transportation design.

The proposed changes include minor projects like painting crosswalks and adding corner bulges to slow cars down, but also major traffic-flow changes like creating a cul de sac on Adanac, east of Nanaimo.

The cul de sac would prevent cars from using Adanac as a through-road and force drivers to use an arterial corridor instead, like Hastings Street or Grandview Highway, said Storer.

"The intent is to stop that cross-city traffic," he said. "Our goal is to try and keep all that arterial traffic on the arterial streets."

Drivers who regularly use Adanac to drive across town need to change their mindset, said Erin O'Mellin, executive director of HUB, a cycling advocacy group.

"There are more bicycles going through that intersection (Adanac and Nanaimo) than motor vehicles. It's about adapting to that reality," she said.

"The vehicles will have to loop around the block to access that area. We think safety is our No. 1 concern and everybody wants road safety to improve."

The city is conducting consultations on the proposed changes Jan. 21 and 23, and will provide Cantonese and Mandarin translators at both information sessions. City staff are open to feedback, Storer said.

"Nothing's written in stone at this point but we try to understand what the issues are for local residents and businesses and if there are better options."

Storer says city staff will review public feedback before making a final decision on the eleven proposed changes. Construction on those changes will begin later in 2017.

Support people with mental health, housing & addiction issues as a **COMMUNITY MENTAL HEALTH & ADDICTIONS WORKER**

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Child care may generate $5.8B

ECONOMY

$10-a-day model would also pay for itself: Study

David P. Ball
Metro | Vancouver

You could call it a 'baby boom' for British Columbia. Or more precisely, a preschooler boom.

A new economic study, released Tuesday, concluded that taking a page from Quebec's book on child care could boost B.C.'s gross domestic product by a staggering $5.787 billion by 2025 — in addition to more than paying for its own costs to put in place.

"$5.8 billion does sound very high," acknowledged accountant Lynell Anderson, who co-authored the report with economist Robert Fairholm, a partner at the Toronto-based Centre for Spatial Economics. "But it's consistent with what happened in Quebec with their system as well.

Extensive new study by economist and accountant tallies up economic impact of affordable child care on the province. It could pay for itself, and more. ERIC DREGER/THE CANADIAN PRESS

"It's possible because of all the accumulation of impacts."

Those impacts, she explained, include not only the spending on construction of new facilities and hiring new staff to meet public demand — but also the short- to medium-term effects of getting more women back into the workforce after giving birth, and paying more taxes.

By 2025, such a program would create 69,000 full-time jobs, lifting the province's employment rate by 2.8 per cent.

Fairholm and Anderson examined the numbers behind affordable child care for the Early Childhood Educators of B.C., which commissioned the 59-page study.

They conducted what's called a "sensitivity analysis" comparing the impacts of the proposed $10-a-day program with current childcare costs for parents — which in Vancouver last year averaged roughly $45 a day for licensed facilities, and $38 a day for unlicensed home-based operators — as well as what would happen if $20-a-day were charged instead.

The impacts of such analysis tallied up the cumulative effects of the investment, compared to what it would cost.

The study based its findings on the fact that child care has a disproportionate economic impacts — known as an "employment multiplier — compared to other government spending: every $1 million spent creates the equivalent of 36.4 full-time jobs, according to the report.

"It's a standard model used in government and industry," Anderson said. "The idea behind the model is what economic impact results from an investment or change in circumstance.

"Child care has one of the highest multipliers of any kind of investment you can make because you're investing in the actual programs, you're building the system and employing in it. And that has a double effect, because you're also allowing families to increase their work."

Quebec's $7-a-day public child-care program boosted that province's GDP by 1.7 per cent, Fairholm's calculations found, largely thanks to the increase in mothers' labour force participation.

Last year, Quebec's daily fee for parents was $7.55 for households earning less than $50,000 a year, and $8.25 for those earning between that salary and $75,000. Families earning up to $100,000 paid only $9.14 a day.

"$10-a-day is not as low as Quebec," Anderson noted, "but it's quite a savings for families compared to where we are now.

"The bottom line is that we don't have to choose between making family life affordable in B.C. and growing our economy; we can do both."

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ADVOCACY

UNICEF head to 'hold up mirrors' to child poverty

Canada has fallen to 26th place in the world when it comes to economic inequality, according to the United Nation agency UNICEF, whose Canadian president was in Vancouver this week.

David Morley — who spoke at a B.C. Poverty Reduction Coalition conference Monday evening and will offer a free online webinar Tuesday morning — told Metro that both child poverty and inequality are damaging to kids' mental health and development. His comments add to growing criticism from child poverty experts of stagnating rates of kids growing up low-income, which have remained around one-in-five in B.C. for years.

"As the United Nation's agency for children, and the largest child-serving agency in the world, we learn a great deal from different countries," explained Morley in a phone interview.

"We hold up mirrors to (UN member) countries so they can learn from each other.

"Part of our work at UNICEF is to remind anyone who will listen — both in governments and the private sector … to put children first."

The solution, he suggested, is increased investment in early years services, including nutrition, adequate housing, and pre- and post-natal care for mothers.

If it seems daunting to turn around such an intractable and persistent problem, Morley countered that it's been done for other age groups in the past.

His example: the 1990s when shocking levels of poverty amongst Canada's seniors, and news reports of elders eating pet food to survive, spurred government action.

"Twenty-five years ago, senior citizens in Canada were much poorer than the rest of society," he said. "But there was recognition of that, the government invested more in seniors, and things got better. We just need to make the investment."

Morley spoke Monday evening at Vancouver's Wosk Centre for Dialogue, alongside advocates with the First Call BC Child and Youth Advocacy Coalition and the Single Mothers' Alliance of B.C.

He will also be offering a free online webinar Tuesday 10 a.m. Participants can register at www.bcpovertyreduction.ca or via the online version of this story at www.metronews.ca.

DAVID P. BALL/METRO

MOUNT POLLEY

Crown wants to stop prosecution in dam case

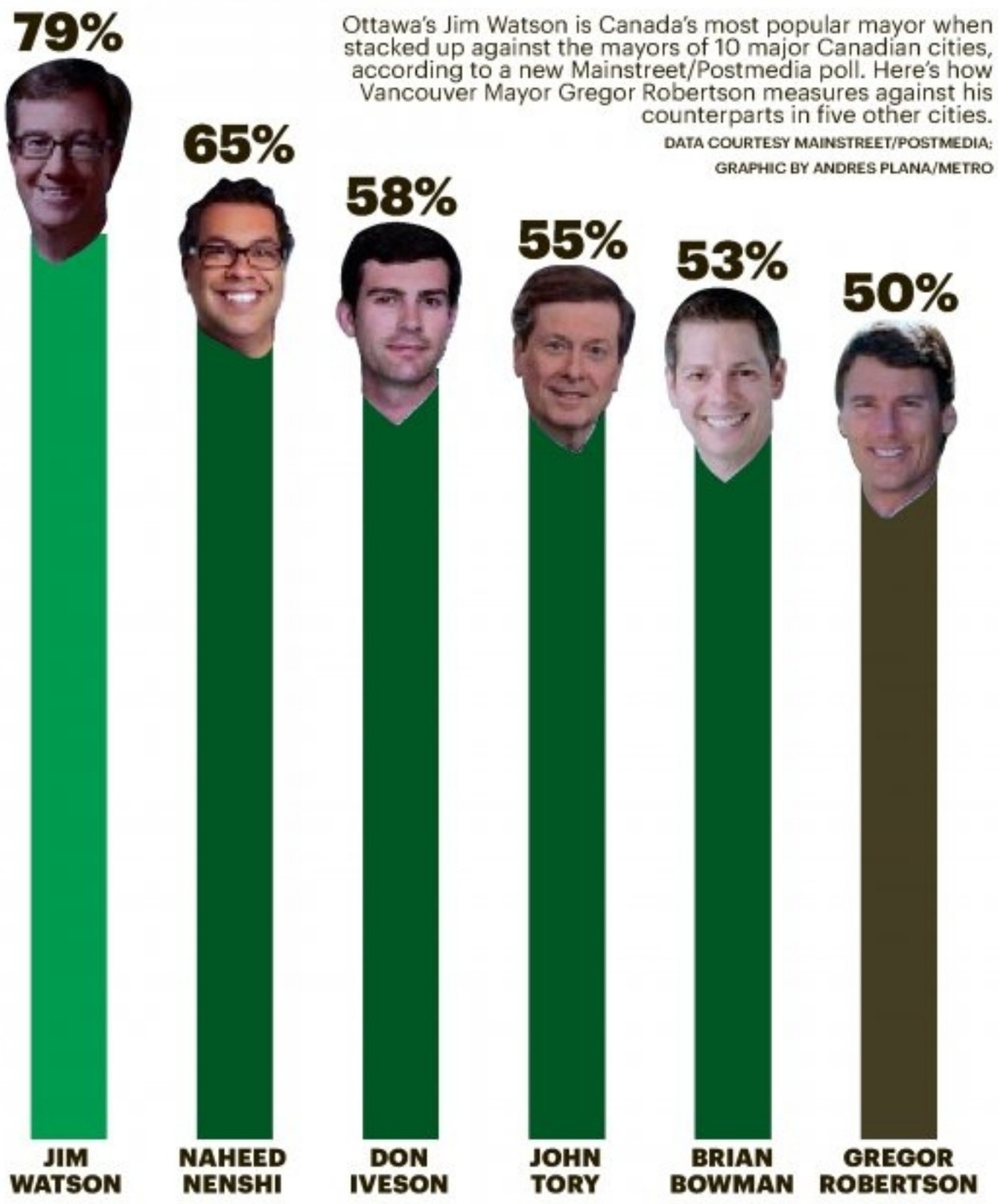
The federal government is moving to stay an advocacy group's private prosecution against the B.C. government and a mining company over the collapse of the Mount Polley tailings dam.

Crown lawyer Alexander Clarkson says there is no prospect of conviction against either the Mount Polley Mining Corp. or the province in the legal action launched last fall by MiningWatch Canada.

Clarkson says in a statement that the private prosecution is not in the public interest because the BC Conservation Officer Service, Environment Canada and Fisheries and Oceans Canada are already investigating the collapse of the tailings pond.

MiningWatch Canada alleges the province and the Mount Polley Mining Corp. violated the Fisheries Act, which prohibits serious harm to fish and forbids the deposit of deleterious substances into fish-bearing waters.

THE CANADIAN PRESS



Ottawa's Jim Watson is Canada's most popular mayor when stacked up against the mayors of 10 major Canadian cities, according to a new Mainstreet/Postmedia poll. Here's how Vancouver Mayor Gregor Robertson measures against his counterparts in five other cities.

DATA COURTESY MAINSTREET/POSTMEDIA; GRAPHIC BY ANDRES PLANA/METRO

Vancouver frosty on mayor: Poll

POLITICS

Robertson the least loved among big city leaders

Jen St. Denis
Metro | Vancouver

Gregor Robertson is the least loved of 10 big city mayors, according to a recent poll — and his stance on polarizing issues like pipelines and bike lanes is likely behind the love-him-him-or-hate-him results.

"Mayor Robertson has by far the strongest high approvals as a percentage of his overall approvals, and by far the highest strong disapprovals as a percentage of the total disapprovals, and that's because the mayor and the council have taken pretty clear stands on a number of issues," said Quito Maggi, president of Mainstreet Research. The firm conducted the poll for Postmedia.

"The perception of their job performance by the general public is going to end up just as polarized."

Ottawa's mayor, Jim Watson, has the highest approval rating at 79 per cent, compared to Robertson's approval rating of 50 per cent.

Other cities that ranked their mayors highly were Saskatoon at 72 per cent and Calgary at 65 per cent. Recent pipeline approvals and the rising price of oil are likely behind Calgary's strong showing, Maggi said, while Ottawans may be riding high on a stable federal government (a boost to that city's high number of federal employees) and Canada 150 celebrations.

All of the approval ratings are relatively high when compared with a similar poll Mainstreet conducted in the fall which rated the premiers' approval rating. That's partly because, without the baggage of well-known political parties, constituents tend to take a kinder view of local government. The mayoral poll was also done on Jan. 3 and 4, a time of year when people when people tend to be feeling more optimistic coming off the Christmas holidays — and before credit card statements come due.

> **The mayor and the council have taken pretty clear stands on a number of issues.**
> Quito Maggi

Early January was also when the City of Vancouver was struggling to clear ice and snow and pick up garbage during an unusually prolonged cold spell, Maggi noted. It probably didn't help that the mayor was on vacation at the time.

"Of course it has nothing to do with the mayor's job, but it does put people in a grumpy mood," he said.

Whether Vancouver can retain a creative class is up for debate

CITY HOLLER

Trish Kelly

On Wednesday, Vancouverites will crowd into the UBC Robson Square for an installment of the City Debates, to explore whether or not Vancouver repels creative people.

After hearing the debaters, the audience will vote and have their say.

Whether we can retain a creative class is a good question here in Vancouver, where the cost of living has many lower income citizens, young families and artists among them, feeling they're being shown the door.

How you answer the question really depends on who you are. If you're an artist trying to dedicate yourself to your artistic work full time, say an actor or musician, your bags are probably already packed, and the question is barely worth a thought as you hop on the SkyTrain for some apartment hunting in New West. But if you're a visual artist working in the video game industry, headhunted by a company that's chosen to make Vancouver home for you and a thousand other creative workers, even through the mind-numbingly long hours you know you can't deny you spend a big chunk of your day creating.

For creative types who didn't go into the commercially friendly side of the arts, the struggle to stay here is real. While we generally encourage people to be driven and ambitious about their careers, Vancouver artists who want to really give it a go, sign up for a life of poverty. A City of Vancouver fact sheet from 2014 noted that artists make 36 per cent less than the general workforce. Those stats are from 2006, but we all know wages have not kept up with the cost of living here; 10 years later, it's even harder.

Our city government does a reasonably good job of investing in art and culture; a 2012 study by the Creative City Network of Canada pegged Vancouver at No. 2 for per capita investment in arts and culture, but many artists will never see grant dollars. Most artists I know rely on their own earning ability to make ends meet.

I don't want to discourage artists from staying in Vancouver. I know many people who are making it work. New recording studios, new recurring craft fairs, and artisanal kombuchas on tap are all signs that this city can't repel creativity or ingenuity. Yes, maybe the vegan marshmallow lady at the biweekly craft fair hasn't quit her day job, but she probably looks at the success of artisan ice cream makers Earnest Ice Cream and sees a possible lucrative future if she can tough it out.

Whether such examples mean Vancouver is not as bad as we think, or just proves creative people are stronger than they are given credit for, is up for debate. And tickets are by donation.

Trish Kelly lives and writes in East Vancouver. Follow her on Twitter @trishkellyc

Take Your Tastebuds on a Global Adventure at *Dine Out*™ Vancouver's World Chef Exchange

PRESENTED BY aeroplan

Once again, *Dine Out*™ Vancouver Festival madness has overtaken the city – but this local festival is quickly growing an international presence.

The Vancouver World Chef Exchange event, presented by Aeroplan – now in its second year – brings award-winning chefs from six culinary-minded cities to Vancouver, where they join forces with a local chef to craft a series of one-night-only collaborative dinners. To concoct these feasts, chefs take inspiration from their own cultural influences; their respective restaurants' most popular dishes; foods that please their own palates; and ingredients that are now in season and available locally.

Have a hankering for Mexican? On January 21, Mexico City's Chef Jair Tellez – one of the country's most influential chefs – will join Chef Jefferson Alvarez at hot new eatery Cacao Progress Latin. Chef Tellez is known for dishing up delicate Baja-style dishes paired with organic wines, a natural complement to Chef Alvarez's richly flavourful, out-of-the-box aesthetic.

Ready for an explosion of multi-region flavours? On January 22, Chef Ned Bell will be joined by Galway, Ireland-based Chef JP McMahon, culinary director of the celebrated EatGalway Restaurant Group and founding chair of the Galway Food Festival. Chef Bell is known citywide for championing sustainable, regional seafood, while Chef McMahon's contemporary Irish cooking is injected with spicy Spanish flair.

Direct from Bah-stan (that's Boston to you) is Chef Jamie Bissonnette, who heads up Italian enoteca Coppa; oversees three locations of tapas bar Toro (in Boston, New York and Bangkok); and recently opened small plates and raw bar-focused Little Donkey in Cambridge, Massachusetts. Chef Bissonnette will combine forces with L'Abattoir's Chef Lee Cooper for a spunky, guaranteed-to-please feast on January 29.

Also on the roster: Timber will host San Francisco Chef Ryan McIlwraith, whose culinary influences are heavily rooted in traditional Spanish cuisine. On February 1, he joins Chef Chris Whittaker, whose passion for foraging has become the stuff of Vancouver legends.

Finally, Chef Michael Robbins at AnnaLena will welcome into his kitchen Michelin-starred Chef James Lowe. The dinner takes place on January 25, but tickets are already sold out.

If any of the above made you salivate, head over to www.dineoutvancouver.com for further details and to secure your tickets. These exclusive collaborations are delightfully intimate, so space is limited. Happy Dine Out!

For the full details:
DineOutVancouver.com
SONU PURHAR / FOR TOURISM VANCOUVER

Neighbourhoods asked to reduce eco-footprint

ENVIRONMENT

Green Bloc challenges four areas to shrink it by 15% in year

Wanyee Li
Metro | Vancouver

A green city-building program is looking for Vancouver residents who want to reduce their ecological footprint with their fellow neighbours, in a bid to help the city reach its Greenest City Action Plan goals.

As part of that plan, the City aims to reduce the city's ecological footprint by 33 per cent by 2020.

Green Bloc, a program run by the charity Evergreen, aims to help four neighbourhoods contribute to that goal by shrinking their collective footprint by 15 per cent in one year.

The charity is taking applicants from neighbourhoods — any group of 20 to 25 households — that want to participate until Feb. 5, 2017.

"We're known as the unfriendly city here in Vancouver and this is something we can do to not only improve sustainability but also create more community connection," said Green Bloc project lead, Robyn Chan.

The chosen neighbourhoods, which can be anything from townhouse complexes to condo buildings, will start the one-year Green Bloc project by having their ecological footprint measured.

"For two weeks, we track everything that they eat, how they travel around the city, how they heat their homes," she said.

Then, Green Bloc hosts workshops on creating a sharing economy, maintaining community gardens, cooking environmentally friendly meals, and more to help residents live more sustainably. Over time, even people who did not initially sign up for the program will start to participate, attending how-to-fix-your-bike workshops or car-share information sessions, said Chan.

It's a model that has proved successful before. Evergreen ran a pilot project where it measured the ecological footprint of Vancouver's Riley Park neighbourhood for two and a half years.

"Over that amount of time they lowered their footprint by 12 per cent over the whole neighbourhood. Their transportation footprint went down by 50 per cent, which is massive," said Chan.

If this project is successful again, Evergreen may implement it in other Canadian cities as well, she said.

"I think that the appetite is really there, especially in the city of Vancouver," she said.

"Green Bloc is also about collective impact and creating a community. I think that is also what people really respond to."

Riley Park residents create street art at a Green Bloc event, hosted during their pilot project that reduced the area's ecological footprint by 12 per cent from 2013 to 2015. ELLEN LI/CONTRIBUTED

HOW TO DO YOUR PART

Five ways to reduce your ecological footprint

1. Make more trips by walking, cycling and transit
2. Reduce food waste
3. Reduce red meat consumption by substituting with white meat or vegetables
4. Improve energy efficiency in your home
5. Reduce paper consumption

POLICE

Supremacist group distributes racist pamphlets

Police in Abbotsford, B.C., aren't sure if they're dealing with a growing white supremacist problem or if a few "small-minded" people are behind the distribution of a pamphlet disparaging a holiday for Martin Luther King Jr. in the United States.

Police said documents sealed inside plastic bags were thrown early Sunday from a vehicle and onto the front yards of more than 70 homes in the city that sits on the U.S. border at Washington state. The documents were apparently from the "Loyal White Knights KKK," referencing the Ku Klux Klan hate group that was particularly active during the American civil rights movement, Const. Ian MacDonald said Monday, on Martin Luther King Day.

He said the headline calls the assassinated U.S. civil rights leader a "communist pervert."

"And it goes down from there," MacDonald said of the content, adding it wasn't necessary to reveal everything in the pamphlet.

There was a similar incident last October, but fewer pamphlets were handed out, he said.

He's not sure if the hate issue is widespread in the Fraser Valley community.

"We clearly have a problem with at least a few idiots. I wouldn't want to give that any more credence. I'm not aware of any movement."

MacDonald said police don't want to give any more attention to the people or groups involved.

"I fear that what we have are two small-minded, ignorant people who are having a great laugh and thinking they've created a big hue and cry over the fact they've downloaded something from the Internet and thrown it on people's lawns."

Abbotsford police have asked for help from the B.C. Hate Crimes Team so investigators experienced in dealing with racists documents can look at the pamphlets.

MacDonald said police have three good security videos that show a dark-coloured Dodge Ram being used by those delivering the pamphlets and that officers may be able to see a licence plate number.

While a large section of Abbotsford is on the Canada-U.S. border, MacDonald said it seems like a waste of time to dissuade Canadians from celebrating an American holiday.

Last October, police charged a 47-year old man with uttering threats, assault and causing a disturbance after a hate-filled rant was caught on video.

THE CANADIAN PRESS

CRIME

Arrest made in Richmond homicide

Police say a man has been arrested in connection with an overnight homicide in Richmond Monday

Richmond RCMP were called to a business in the area of Viking Way and Cambie Road at 6:30 a.m. Monday, where a man died of an apparent homicide.

The Integrated Homicide Investigation Team was called in to take over the file and shortly identified and arrested a male suspect.

The investigation is ongoing and few details about the incident have been released, but IHIT said in a statement that the homicide was not a random act.

"It appears that the homicide occurred between parties known to each other," said IHIT spokesperson Cpl. Meghan Foster in the statement.

The victim's identity has not been released. METRO

WEATHER

Board closes Trout Lake ice skating

It was fun while it lasted.

Outdoor ice skating at Vancouver's Trout Lake — one of the few perks of the region's unusual winter cold snap over the past month — is now over as rising temperatures and impending rain put an end to safe skating conditions at the park.

The Vancouver Park Board closed the lake to skating as of noon on Monday, with board chair Michael Wiebe saying the ice surface is beginning to turn to slush.

Still, he reflected on how rare an event it was to have the lake open to skating in the first place.

"This has been an incredible opportunity for Vancouverites to skate in the great outdoors, in fact the first time in 20 years," Wiebe said in a statement from the park board.

The park board is putting up barriers and signage around the lake to ward off would-be ice skaters.

Staff will remain on site to ensure people stay off the ice.

In other winter-related park news, the board says portions of the Stanley Park seawall between Siwash Rock and the Lions Gate Bridge remain close due to falling ice and that the West End Community Centre has been deactivated as a warming centre for people seeking shelter from the cold.

The centre had 75 visits over three nights as a warming centre. METRO

Trudeau trip to be investigated

ETHICS

Watchdog to investigate use of Aga Khan's helicopter

Canada's ethics watchdog plans to take a closer look at Justin Trudeau's recent family holiday at the Aga Khan's private island in the Bahamas, fanning the flames of a controversy the government has so far been unable to snuff out.

Trudeau's holiday with the Aga Khan — a family friend, noted philanthropist and hereditary spiritual leader to the world's approximately 15 million Ismaili Muslims — bears closer scrutiny, ethics commissioner Mary Dawson confirmed Monday.

In a letter to Blaine Calkins, one of two Conservative MPs who filed formal complaints, Dawson said she will examine both Trudeau's stay at the island and his use of the Aga Khan's private helicopter to get there.

Justin Trudeau and Aga Khan in May 2016.
SEAN KILPATRICK/THE CANADIAN PRESS

Dawson wrote that she has "commenced an investigation" to determine if Trudeau broke two sections of federal ethics laws "in connection with his recent stay at and travel to the Aga Khan's privately owned island."

The vacation included Trudeau, his wife and three kids, Liberal MP Seamus O'Regan and Liberal party president Anna Gainey, all of whom took part in helicopter flights between the capital city of Nassau and the secluded island.

Though not a registered lobbyist, the Aga Khan is on the board of directors of the Aga Khan Foundation, which receives tens of millions of dollars in government contributions to international development projects.

"The ethics commissioner is quite right to investigate this," Conservative MP John Brassard said in an interview.

Such potential violations of ethics rules and laws raise questions about whether government spending decisions could ultimately be influenced, he added.

"This is one example where the rules ... have potentially been broken," Brassard said. "What other rules have been broken that Canadians aren't aware of? If you do it once, they can certainly do it again. Canadians need to be mindful of this."

THE CANADIAN PRESS

Police guard the entrance of the Blue Parrot nightclub in Playa del Carmen, Mexico.
THE ASSOCIATED PRESS

MEXICO

Canadians killed in shooting

Two Canadians were among at least five people killed Monday in a shooting attack at an electronic music festival in Mexico's Caribbean coast resort of Playa del Carmen, Mexican authorities said.

And Canadian government officials added that at least two other Canadians were wounded in the deadly incident at a popular night club.

The attorney general of Quintana Roo state said three of the dead appear were part of the security detail at the 10-day BPM electronic music festival.

Miguel Angel Pech said the shooting occurred about 2:30 a.m. at the Blue Parrot nightclub, one of the BPM Festival's venues in Playa del Carmen, just south of Cancun.

Pech said a lone gunman apparently tried to enter the nightclub, but was denied access because he had a gun.

The gunman began to exchange fire with another person inside, he said, and festival security personnel tried to stop the shooting and came under fire.

Pech said it was not a terrorist attack and that three people had been detained nearby, but it was unclear if they had been involved in the shooting.

"We know of another shooting incident that occurred near the nightclub, but we are investigating whether that is related" to the nightclub shootings," Pech said.

THE ASSOCIATED PRESS

NEW natural ingredient produces 34% more hair in 8 months!

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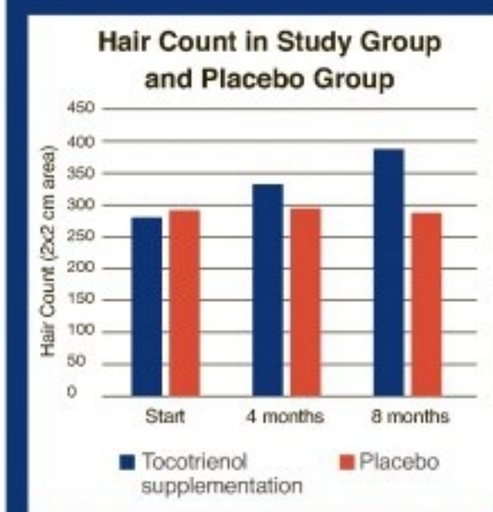
t is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better – and new - hair growth. The results were surprisingly good!

In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at participating pharmacies and health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.

STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.



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*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei et Hay, University Sains Malaysia. To make sure this product is right for you, always read the label and follow the instructions.

GLOBAL DIGEST

NORTHERN IRELAND
Unity government falls
Northern Ireland's shattered unity government will be dissolved next week to make way for an early election demanded by the coalition's main Irish Catholic party, the secretary of state for the British territory announced Monday.

Secretary of State for Northern Ireland James Brokenshire said the election to re-elect the Northern Ireland Assembly would be held March 2, six weeks after its dissolution.

SOUTH KOREA
Samsung scion accused
In a departure from the leniency typically given South Korean big businesses, prosecutors on Monday requested the arrest of the de facto head of Samsung Electronics, the country's most valuable company, in an influence-peddling scandal that has toppled the country's president.

Lee Jae-yong, the vice-chairman at Samsung Electronics, faces allegations of embezzlement, of lying under oath during a parliamentary hearing and of offering a bribe of 43 billion won ($36 million US) to a long-time friend of impeached President Park Geun-hye.

KYRGYZSTAN
Cargo plane crash kills 37
A Turkish cargo plane crashed Monday in a residential area just outside the main airport in Kyrgyzstan, destroying half of a village and killing at least 37 people in the plane and on the ground, the Emergency Situations Ministry said.

The Boeing 747 crashed at 7:40 a.m. local time while approaching Manas airport, south of the capital, Bishkek, in this Central Asian nation. Footage from the scene showed the plane's nose stuck inside a brick house and large chunks of debris scattered around.

NIGERIA
Bombers kill professor, child
Three suicide bombers, including a child, exploded at dawn Monday at Nigeria's northeastern University of Maiduguri, killing a university professor and another child, witnesses and police said. The bombers also died.

One blast ripped through the mosque where professors were saying dawn prayers and at least one is among victims, police and rescue officials said.

The second explosion occurred when police patrolling the back of the university shot a 12-year-old girl strapped with a suicide vest, setting off the explosives.

THE ASSOCIATED PRESS

Suspect in Istanbul New Year's attack captured

The Reina club attack suspect after being caught by Turkish police in Istanbul on Monday. DEPO PHOTOS VIA THE ASSOCIATED PRESS

TERRORISM

Massacre claimed 39 lives, including one Canadian

A gunman suspected of killing 39 people including a Canadian woman during a New Year's attack on an Istanbul nightclub has been caught in a police operation, Turkish media reports said early Tuesday.

The suspect was captured in a special operations police raid on a house in Istanbul's Esenyurt district, private NTV television reported. The broadcaster said he had been staying in the house belonging to a friend from Kyrgyzstan.

Daesh has claimed responsibility for the nightclub massacre, saying the attack in the first hours of Jan. 1 was in reprisal for Turkish military operations in northern Syria. The man identified as the suspect had been on the run since the attack.

Hurriyet newspaper and other media have identified the gunman as Abdulkadir Masharipov, an Uzbekistan national. The suspect was to undergo medical checks before being taken to police headquarters for questioning, the paper said in its online edition.

Dogan news agency published what it said was the first image of the attacker. It showed a bruised, black-haired man in a grey, bloodied shirt being held by his neck. Private NTV television said the gunman had resisted arrest.

NTV reported that the suspect's Kyrgyz friend and three other people also were detained. His four-year-old child, who was with him at the home, was taken into protective custody.

Hurriyet newspaper said the alleged gunman's wife and one-year old daughter were caught in a police operation on Jan. 12.

Police established his whereabouts four or five days ago, but delayed the raid so they could monitor his movements and contacts, NTV reported.

THE ASSOCIATED PRESS

Food stolen by squirrels is for the birds

Stephanie Taylor
Metro | Winnipeg

A Winnipeg woman is allowed to keep a bird feeder in her backyard — as long as she keeps it clean.

Debra Belcourt appeared before Monday's meeting of the protection, community services and parks committee to appeal a violation order issued by the city.

The order states Belcourt is in violation of the Neighbourhood Livability Bylaw by keeping her yard in an unsanitary condition, due in part to the presence of a feeder that is said to attract many squirrels and mice.

Belcourt told Monday's committee the bylaw officer who inspected her property last November mischaracterized the structure as a squirrel feeder, when in fact it was purchased at a speciality store and is intended for wild birds.

"If squirrels grab a peanut or a seed or whatever, it's not a big deal. It's just not," she told reporters on Monday.

Nature groups working to end turtle hunt

Adam Kveton
For Metro | Ottawa

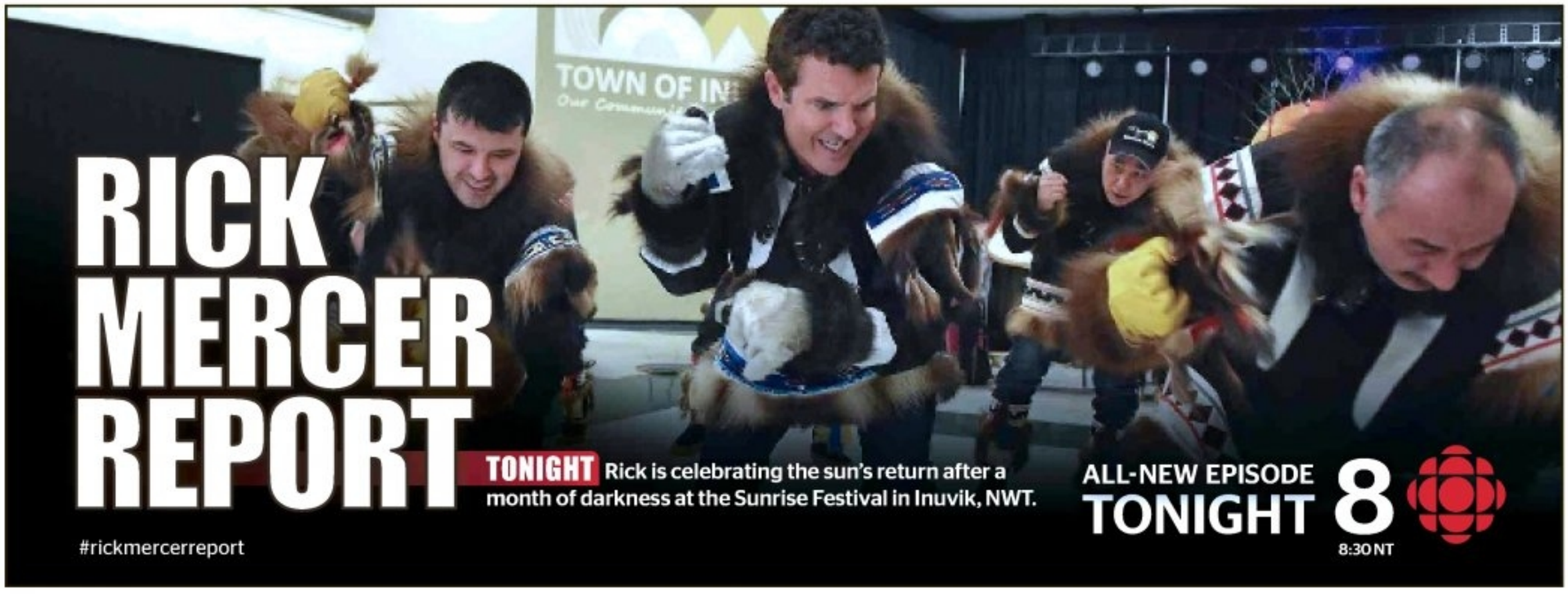
They're big, they bite and they're at risk, but you can still hunt them in Ontario.

A local group says that could spell the end for snapping turtles.

And while the province is looking into restricting the hunt, local nature groups are hoping to do away with it entirely.

Local ecologist David Seburn, who prepared the Ottawa Field-Naturalists' Club's submission to the environmental registry, said the province's interest in continuing the hunt is "not based on science."

Seburn says the hunt is not sustainable due to things like habitat reduction and road kill rates, as well as the way snapping turtles breed.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Poutine, politics at Trump tailgate

INAUGURATION

Canada's party at its embassy a hot ticket for U.S. bigwigs

No, Donald, not Putin. Poutine.

Canada's embassy in Washington, D.C., is celebrating Donald Trump's Friday inauguration with an invitation-only "tailgate" party featuring delectable Canadian cuisine — "including but not limited to poutine, British Columbia salmon, Canadian beef and tourtière," embassy spokeswoman Christine Constantin said in an email.

There might be tasty surprises. The 2013 party for Barack Obama's second inauguration involved Tim Hortons coffee, Molson beer, Crown Royal whisky and BeaverTails.

The embassy shindig is always one of the most sought-after tickets of America's celebration of democracy. Partly because Americans like Canadians, sure, but mostly because of its unsurpassed view of the parade route. The Arthur Erickson building on Pennsylvania Avenue is the only embassy located between the White House and the Capitol.

The party has been held since Bill Clinton's inauguration in 1993, though it hasn't always been a "tailgate." Canadian diplomats this time expect 1,800 guests, including big shots in politics, diplomacy and business. Newt Gingrich, a prominent Trump ally and the former speaker of the House of Representatives, has shown up for three inaugurations in a row.

Most of the guests will hang out in the embassy courtyard and indoor Canada Room and theatre, watching Trump's swearing-in and inaugural address on television screens. The elite among the elite will get to have brunch with Ambassador David MacNaughton on the 6th floor, which offers majestic views of the Capitol.

Like most of official Washington's social events, this one serves a political purpose. Canada's schmoozing with U.S. power brokers may be especially critical at a time when the incoming president is vowing to renegotiate the North American Free Trade Agreement, impose new import taxes, pursue "Buy American, Hire American" economic policy and change the U.S. relationship with its military allies.

"Hosting an event at our embassy gives Canada an excellent opportunity to welcome important guests, further build on our relationships and continue to advance Canada's interests in the United States," Constantin said. TORSTAR NEWS SERVICE

+ BOYS & BANDS

Military bands, Boy Scouts to join parade

Military bands and units from all branches of the service, high school bands and even the Boy Scouts and Girl Scouts will join newly sworn-in President Donald Trump in Friday's Inaugural parade.

More than 8,000 people are expected to follow the new president as he proceeds from the swearing-in ceremony at the Capitol to the White House. THE ASSOCIATED PRESS

The view of the U.S. Capitol from the Canadian Embassy in Washington on Jan. 20, 2009 — the day Barack Obama took the Oath of Office to become president. AARON HARRIS/TORSTAR NEWS SERVICE

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METRO FOCUS ON ACTIVISM!
Your essential daily news
ALL WEEK: COMMENTARY AND IDEAS ON POLITICAL ACTION

VICKY MOCHAMA
ON PROGRESSIVES LOSING THEIR OWN GAME

Direct action is not an exclusively left phenomenon. In fact, it was activism, in various forms, that won the U.S. election for Donald Trump.

With the publicity of activist movements like Idle No More, Black Lives Matter and Occupy Wall Street, it's easy to say that activism failed to win the American election.

In fact, activism elected Donald Trump. Activism, too, will be necessary in the next few years.

After the election of Barack Obama, two ongoing phenomena strengthened in volume and vigour.

First, there was the Republican strategy of engineering the boundaries of electoral districts to its own advantage. Having won governorships and legislatures in key states like Pennsylvania and Michigan after redistricting campaigns, the GOP began winning at the national level where Democrats had usually won or traditionally had a fighting chance.

With millions of dollars in funding, such efforts changed the electoral map. In politics, malfeasance is the name of the game. Done artfully, it's strategy.

This was at time when resistance to the ideas that elected Barack Obama began to coalesce online. In spaces once devoted to gaming and picking up women, men (and some women) shared their frustrations with being alienated by the gains of feminism and identity politics. Thus, they organized.

These activist streams found common cause across the Obama years on issues like abortion, and equal marriage. In Trump, however, the net effect: a society that has more readily accepted the racist, sexist and xenophobic politicians who now enjoy broad governing power across the federal branches and in almost two-thirds of states.

GOOD FOR GOOSE, GOOD FOR GANDER President-elect Donald Trump raises his fist, a gesture that since ancient times has signified resistance, at a rally in Alabama in December. GETTY

Clearly this amounts to a virulent and intolerant brand of activism. And it has radically altered politics.

And yet, in the aftermath of the election, left-leaning people have been told to dilute their messaging. Focus on people's economic anxiety. Get out of your bubble. Stop talking about race.

It's very liberal to dull the edges of one's harshest criticisms. It is a crazy-making proposition. The solution shouldn't be to back off. The left needs to become louder and more forceful in its criticism and its co-ordination.

There are a breadth of activist groups, from the water defenders of Standing Rock to the organizers of Black Lives Matter, advancing a cultural conversation around human rights. The liberal majority that voted for Hillary Clinton is ready and willing to be mobilized.

Within this broad coalition, however, lies the problem of going high when others go low.

After a firebombing at a local North Carolina GOP office in October, liberals crowd-funded in sympathy. Mind you, this is a party that was already in power and had passed some of the country's most restrictive voter-ID laws such that large numbers of black voters were disenfranchised. After all that do-gooding, Trump won the state. In this way, the focus on winning over hearts and minds was divorced from political pragmatism.

The Canadian political equivalent is, in our fashion, much more laughable. Members of the left-of-centre parties — Green, NDP, Liberal — have been enrolling in the Conservative party in order to ensure Kellie Leitch won't win the leadership race. Again, rather than doing any number of activities to bolster the liberal cause, voters on the left are handing their money to the literal opposition. (At a cost of $15 for a year, that's three elitist lattes they could be sipping on.)

The fight for human rights, against oppression and towards equality isn't easy and it never ends. And, right now, the forces on the other side are showing, by their willingness to organize and act collectively, that they simply want it more.

Whether he's a tyrant or simply a toddler, millions of lives and livelihoods are at the mercy of Trump's whims. Protecting them — and one another — will require activism with clarity and courage.

DAILY ACTIVIST AFFIRMATION Heed Joe Hill!

"As 2017 kicks off, labour organizer and singer Joe Hill's century-old words as he faced a Utah firing squad ("Don't waste any time in mourning. Organize!") have taken on a renewed meaning. In the face of what can seem like overwhelming odds, time and time again, people have shown that successful organizing against injustice, building power through building and strengthening organizations and community depends on lots of vital but unseen everyday 'grunt work.'"
- Prof. Aziz Choudry, author of Learning Activism

Resistance to authoritarianism begins at home

CITY HOLLER
Trish Kelly

I just got back from four days in America, where I managed to avoid a single conversation about Trump.

I was in Chicago, a vast metropolis with four times the population of Greater Vancouver, a place brimming with impressive architecture, culture and history, but also violence and poverty.

On my way home, when I handed my passport to the airport security guard, an older man with yellow hair and a moustache, he complimented me on my Canadian passport. He assured me I would get across the border easily because Americans trust Canadians, then added, it's if you're Mexican that you can't be trusted.

It's not always easy to call bull in the moment. A security guard holding your passport in his hands isn't looking for a balanced conversation or enlightenment.

On the other end of my flight, while waiting at the luggage carousel, a Fijian-Canadian man who works as a driver in the film industry spoke to me about Trump and what he could do for the U.S. The driver didn't think anything too drastic would happen, and suggested we give Trump a chance and see what he does. Another man, an investment banker from Chicago, joined in on the conversation and said that some of the things Trump says make sense.

Still waiting for my luggage to appear, I opened up my phone and RSVP'd for Vancouver's Women's March, to be held in solidarity with the march in Washington this coming Saturday morning.

Most of us have some privilege we could rest on — some reason we could use to convince ourselves that we're not personally in the crosshairs — so we can wait to see what dreadful things may or may not come.

Such complacency is at the heart of the "locker room talk" that breeds rape culture. Such complacency lifted the Nazis to power, and made invisible the residential schools that gutted First Nations communities in Canada.

There has already been enough harm done by Trump to stand against. How he talks about women, people with disabilities and people from other countries endangers them, and that's not acceptable.

Remember, a politician on the campaign trail is on their best behaviour. The Trump we've seen is not the rashest, most bigoted, most antagonizing he can be.

True citizenship is not just about voting, it's about staying tuned in and speaking up when a politician betrays their promised agenda or is harming the people. Now is our chance to draw a roadmap for Trump and other politicians, to show the power we will claim between elections.

We all should all make it to Saturday's rally. There is strength in speaking up together.

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metro LIFE

Your essential daily news

Tuesday, January 17, 2017

"It's a transition, for sure. That was two years of trying to have longer hair and I kind of grew a little attached to it.".
Blue Jay Josh Donaldson has cut his warrior-like locks, just ahead of his appearance on Vikings TV show this Wednesday.

CULTURE

The separation of dog 'parents' can be tough on the pooch too

Tiana Leonty and Jarret Wright have shared custody of their five-year-old dog Rex for a year since their split. TORSTAR NEWS SERVICE

As Tiana Leonty and Jarret Wright's relationship was ending their biggest concern was "What do we do with Rex?"

The 72-pound German shepherd mix was a handful. Almost five years old and racked with separation anxiety, a condition they expected would only be aggravated by losing a "parent" in a leash tug of war.

They bought him together, trained him together, and adored him together.

"We both loved Rex right away," says Leonty, who, like Wright, grew up with a dog. Rex came into their lives in 2015 as a three-year-old rescue. The Toronto-based actors, who had been living together for two years, broke up just four months after getting the dog and faced the question of what to do with Rex.

"I could not take him from Jarret. It would break my heart," Leonty says. Wright too couldn't part with Rex or take him from Leonty, so the ex-couple decided to "co-parent." instead.

This arrangement could become more commonplace as millennials opt to adopt pets rather than have babies as they delay marriage and home ownership.

Breakups involving pets don't always end this well. A judge in Saskatchewan recently rebuked a childless couple in family court over an application to determine where two of their dogs would stay while the divorce is finalized. The wife asked that the case be treated with a "custody approach" as with kids in a divorce, but the judge decided a "dogs are property" approach was best. In a 15-page decision, the judge recommended the dogs stay with the wife's parents in the interim.

"In Canada, we tend not to purchase our children from breeders," wrote Justice Richard Danyliuk, noting that, while "there is a distinction between animals and inanimate objects, it is also true that both are property and are not dealt with under child custody principles."

At the Toronto Centre for Canine Education, Caryn Liles has counselled clients during pet custody negotiations. She has successfully co-parented a three-legged dog with an ex for 10 years. The dog, Parker, died last year at the age of 14.

"He was a really sensitive dog in a lot of ways but really bomb-proof in others. He was comfortable going back and forth; he didn't feel uprooted every time," says Liles, who lived a 20-minute streetcar ride from her ex when they shared Parker. Liles often suggests a "trial period" where the "co-parents" try shared custody for a couple of months and then reassess.

PET PRE-NUP

Animal lawyer Suzana Gartner recommends couples formulate some kind of "pet pre-nuptial" agreement and a post-breakup "pet co-ownership agreement" to avoid mediation.

"If the dog is experiencing behaviour challenges like reactivity or aggression or general anxiety or separation anxiety, shared custody — the back and forth, the uprooting — can be really traumatic for them," she says.

That's what made Leonty nervous about co-parenting Rex with Wright, who was more adamant that they try joint custody.

"I was worried about Rex because he's a rehab dog and the ideal situation is for the dog to have one owner," says Leonty, repeating the advice of multiple dog trainers. But ultimately, they decided they'd need each other's support in caring for Rex.

"We didn't want to give him up, so we thought we'd do this and see how this works," says Jarret. "It's like sharing a kid."

When they moved out, they decided to live just three blocks apart to make the swapping easy. They didn't draw up any "custody" papers, but soon developed a flexible "3-4/4-3" system: she has Rex for 3 days; he gets Rex for 4, then she for 4 and so on. After one year of co-parenting the arrangement has been a success.

When sharing doesn't work, some people get litigious. That often gains media attention but disputes over animals rarely make it before a judge, says Mike Saini, University of Toronto social work professor and custody evaluator for the Office of the Children's Lawyer.

"Most people can resolve their disputes without the courts," he says. "Family courts are already overtaxed by too many cases. I would rather see these cases be triaged in a different way."

Animal lawyer Suzana Gartner recommends couples formulate some kind of "pet pre-nuptial" agreement and a post-breakup "pet co-ownership agreement" to avoid mediation.

Leonty and Wright aren't thinking about paperwork. After a year of sharing Rex, they've passed the "trial period."

"If a partner comes into the mix, they have to accept the arrangement and the dog," says Wright. "Beyond that they have to accept who my friends are and my ex is one of my closest friends." TORSTAR NEWS SERVICE

Q&A

Why a split can spark a new you

Jill Sockwell's new book, The Optimist's Guide to Divorce, sees her outline how divorce can be the spur for real, positive changes in your life.

When Jill Sockwell's marriage came apart, her plan was to binge read her way through the self-help section at the bookstore.

What the mom of two from Maplewood, N.J., found, however, is that those shelves offered mostly dry, clinical books on "surviving" divorce, usually penned by therapists.

"On the flip side there were the memoirs like Eat, Pray, Love," says Sockwell, "but I didn't have the time or the budget to go find myself in Bali. I had to find myself on my couch while my kids were asleep in bunk beds."

She did, however, have time to find a new friend in Suzanne Riss, also recently separated. Together they founded a network of single moms called the Maplewood Divorce Club and co-authored a new book called The Optimist's Guide to Divorce: How to Get Through Your Breakup and Create a New Life You Love.

You've said you wanted to challenge the notion that divorce is one of the worst things that will ever happen to you. How so?
I remember reading this quote: "The world is round and the place which may seem like the end may also be only the beginning," by (former U.S. treasurer) Ivy Baker Priest. I was like, "That's it! This will be challenging, undoubtedly. It'll be hard for me, it'll be hard for my ex — it's going to be hard for the kids. But I'm going to find purpose from this."

How do people start down that path when at the beginning they're so devastated?
Part of creating a new life when you're going through a separation and divorce — the first part really — is acceptance. So it's kind of getting unstuck from the "coulda, shoulda, woulda-ing" of the past. To say, "This is really happening." And then once you've accepted that, you have to choose how to move forward. Maybe you don't want to stay (where you're living). Maybe you won't have to. Maybe you never went on a beach vacation because he didn't like the beach. There's little things like that that you get to choose differently now, and then there's big things, like maybe you're going to have a new career. It's guaranteed that your life is going to look different and be different. So once you have accepted that, you can move to the place of being empowered to create a whole new life.

There's such a good message in your book about using the end of a relationship to introduce positive changes in your own life. You changed career. How have you seen that playing out for the other members of the Maplewood Divorce Club?
I think what's interesting is that we put ourselves in little boxes, as humans, and everybody does it. And I think when you get divorced, it's a great time to get a box cutter and say, "I'm going to give myself a lot more freedom to take stock of who I am right now and what I might want." So what we see a lot in the group is that people make some dramatic changes. They buy new houses. They switch careers. We see people really delve into their past relationship patterns and do a lot of hard work on themselves with the hope and the intention of really switching it up, changing their lives and making the best of every day.

TORSTAR NEWS SERVICE

Managing the world's hospital

DOCTORS WITHOUT BORDERS

Life on the front lines of global crises is getting harder

Genna Buck
Metro | Toronto

METRO FOCUS ON ACTIVISM!

Doctors Without Borders — known outside North America as Médecins Sans Frontières (MSF) — has had a tough several years.

The organization was left holding the world's (barf) bag as the major clinical provider on the ground during the 2014-2016 Ebola epidemic in West Africa. It's still reeling from the 2015 U.S. airstrike on an MSF hospital in Kunduz, Afghanistan that killed scores of patients and 14 staff.

Meanwhile, the charity that has been the world's hospital for 40 years has taken on the role of the world's ambulance, too, by manning three ships tasked with rescuing desperate, drowning migrants from the Mediterranean.

Metro spoke to Joanne Liu, a Canadian pediatrician and MSF's international president, about her worries and hopes for global health in 2017, and how, despite being neutral, the group has been forced into an activist role.

Joanne Liu, international president of Médecins Sans Frontières, treats patients in South Sudan in 2015. CONTRIBUTED

How bad was 2016 from your vantage point?
It was a tough year. Flouting of international humanitarian law happened over and over again. We pushed for UN resolution 2286 — it was actually passed unanimously and backed by 85 countries — but we didn't have much of a change in the field.

As well 2016 has been a really, really, scandalous year for people who are in forced displacement. States have been flouting their commitment to giving protection to refugees.

Which countries specifically need to shape up?
Collectively, something needs to happen. But the European Union with the EU-Turkey deal is one of the big issues. They have externalized the management of their border to Turkey, which already has three million refugees. They gave (Turkey a deal worth 6 billion Euros) and said "We don't care, just take care of them." Only 70,000 refugees will have access to Europe. This is really outrageous.

As you look into 2017, is the migrant crisis going to be your top issue?
My top priorities are the attack on the medical mission (in Kunduz); the follow-up of that. Second is the forced displacement crisis. Third is legacy of Ebola, and fourth is the antimicrobial resistance crisis.

What are the challenges around Ebola today?
About 15,000 people survived (the 2014-16 outbreak). Survivors are patients. They still carry the virus in their body fluids for a time.

The other part of the legacy is developing tools to fight Ebola if it were to come around again. Ebola was discovered in 1976. (In 2014) it had no vaccine, really, no specific treatment, and no rapid diagnostic test. This showed us the failure of the research and development model, which, today, is driven by market potential. So now a lot of people, we're saying we need tools to respond to potential bio threats. That's going to be the biggest positive legacy of Ebola.

How does the changing political climate affect your work?
It's way too early to say. Does it create uncertainty? Yes. Will it have a rippling effect on Europe? Possibly. What we're concerned about is people looking at everything through the lens of domestic interests. That's very short-sighted. We can't think of our security in isolation of the rest of the world.

When people thought of MSF ten years ago, they weren't thinking of people being rescued from the Mediterranean. What has that been like?
I'm glad that MSF has been able to morph and adapt to the needs of the population in need. This isn't the first time we've done this. When HIV came, we didn't know how to treat it. We developed the know-how as we went along. And I think that's what we're doing as well right now with the forced displacement crisis.

There's increasing rhetoric that refugees and asylum seekers are not legitimate, that they're queue jumpers...
Today, someone who is fleeing for his life is treated as a criminal when he arrives somewhere. Even if we don't think someone is entitled to the label of refugee, they still should be treated with dignity. I think in the 21st century we should be giving dignity to every single human being on earth.

JOHANNA SCHNELLER WHAT I'M WATCHING

Nothing 'ish' about very special episode

On a recent episode of Black-ish, the Johnson family reacts with shock to Donald Trump's win. AP FILE

THE SHOW: Black-ish, Season 3, Episode 12
THE MOMENT: Dre's history lesson

Months after the U.S. elected Donald Trump, Dre Johnson's (Anthony Anderson) ad-agency colleagues can't stop arguing about it. Stevens (Peter Mackenzie) blames black voters. Daphne (Wanda Sykes) blames white women. Dre snorts.

"Why do you not care about our country?" Stevens asks.

"I love this country," Dre replies, "even though at times it doesn't love me back." In the background, Nina Simone begins singing Strange Fruit. Photos of segregation and urban blight fill the screen.

"The system has never worked for most black people," Dre says in voice-over. "But we still tried to do our best, even though we had to live in neighbourhoods you wouldn't drive through. Send our kids to schools with books so beat up you couldn't read them. Work jobs you wouldn't consider.

"I'm used to things not going my way," he sums up. "I'm sorry that you're not and it's blowing your mind."

From the opening shot — the Johnson family reacting with shock to Trump's election — you knew this was a Very Special Episode, the sort of cultural commentary Norman Lear did on All in the Family (rape) and Maude (abortion).

Black-ish creator Kenya Barris is stepping up to be the new Lear — see his prior episode about police shootings of unarmed black men.

Here, he dives deep. I don't have room to quote Dre's whole speech, but it's powerful, culminating in a cri de coeur about slavery.

The episode ends on a call to come together. But Barris has most certainly thrown down a gauntlet about where he's coming from.

Black-ish airs Wednesdays on ABC and City.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOSSIP BRIEFS

Ivanka ready to ditch style biz for politics
She may not be working in the White House, but that doesn't mean Ivanka Trump is staying out of politics.

Although she has said she will have no official role in her father's administration, Ivanka Trump has been quietly laying the groundwork for an effort that could make her perhaps the best-connected policy advocate in Washington.

In a Facebook post detailing her next moves, the lifestyle brand mogul thanked people who had reached out on issues and added that she is determining the "most impactful and appropriate ways for me to serve our country." THE ASSOCIATED PRESS

Government House Seen From Charlottetown Harbour, 1857 work by Caroline Louisa Daly. TORSTAR NEWS SERVICE FILE

ART

Island artist finally credited for work

For decades, her creations have been wrongly attributed to men — but after a two-year investigation of her work, the daughter of a former Prince Edward Island lieutenant governor is finally getting credit long overdue in what a researcher calls a "little feminist victory."

The Confederation Centre Art Gallery in Charlottetown opened its "Introducing Caroline Louisa Daly" exhibit over the weekend, but it's hardly the first time her paintings have graced its halls. Some pieces have been part of the gallery's permanent collection since the 1960s.

But the paintings and drawings were for years wrongly attributed to Charles L. Daly and John Corry Wilson Daly — Ontario men who were of no relation to Caroline Louisa Daly.

"I don't think it was a malicious misattribution by any means, but I think it's just all too easy to forget the accomplishments of women sometimes," said gallery registrar Paige Matthie. "(That was) the driving force that kept me going back to it over and over again ... to give credit to a woman who we've never, ever acknowledged before."

Caroline Louisa Daly was born in the 1830s, the daughter of P.E.I. lieutenant governor Dominick Daly. Matthie said she illustrated her travels as her father moved from post to post in the British colonial administration. From Charlottetown to the cabin of a ship destined for Australia, Daly rendered the scenery of her daily life with great care for detail, said Matthie, who noted Daly also found inspiration in the "sublime Canadian wilderness scenes" of other artists.

Matthie said her investigation began when a 2014 gallery visitor from the United Kingdom questioned the identity of the artist known as "C.L. Daly" after recognizing his great-grandmother's signature on the works.

After searching the archives, Matthie couldn't find any evidence to substantiate the gallery's attributions, so she went back to "square one." She used public records to compile histories of each of the contenders, trying to line up biographical details with stylistic clues in the art.

"It can be difficult to track down women in history," Matthie said. "It became very clear that her biography kind of matches up with the trail that the artwork tells." THE CANADIAN PRESS

MUSIC

No inauguration for B Street Band

A Bruce Springsteen cover band has changed its tune about performing at a Washington gala the day before Republican Donald Trump's inauguration.

The B Street Band decided to pull out of the Thursday night performance at the New Jersey State Society's gala.

Band leader Willie Forte said Monday the decision was based "solely on the respect and gratitude we have for Bruce and the E Street Band. That conquers everything else."

Trump's inauguration is Friday, followed that evening by inaugural balls.

Springsteen has called the Republican president-elect a "flagrant, toxic narcissist" and has questioned whether he's competent for the job. Springsteen performed during Democratic President Barack Obama's 2009 inaugural, and Obama presented him with the Presidential Medal of Freedom in 2016.

The B Street Band had drawn jeers on social media from Springsteen fans, accusing the band of abandoning the soul of the musician its made a career of following."This whole thing just got blown out of proportion, which is a shame because (the NJSS) are good, nice people," Forte said.

THE ASSOCIATED PRESS

DuVernay not yet ready to forgive Trump voters

CULTURE

Director of hit documentary talks big issues with Winfrey

Oprah Winfrey interviews Ava DuVernay, director of documentary 13th. THE ASSOCIATED PRESS

Ava DuVernay doesn't want to talk about Donald Trump's election. Her feelings are still too raw. But because Oprah Winfrey asked about it, the filmmaker opened up: Trump "represents violence," DuVernay said, and she doesn't have much empathy for those who supported him.

She made the remarks Sunday during a discussion about 13th, her documentary about the prison industrial complex and the disproportionately high number of black men behind bars.

Winfrey moderated an hour-long conversation between DuVernay and political commentator Van Jones at the home of Netflix chief Ted Sarandos.

Guests at the invitation-only affair were mostly industry insiders, including Quincy Jones, Rob Reiner, Laura Dern, Mira Sorvino, Courtney B. Vance and Chelsea Handler. Winfrey was a winning moderator, quipping to the crowd but mostly quiet, keeping the spotlight on her subjects. A few moments recalled her old talk show.

The first thing she did was move her chair closer to DuVernay and Jones. In a long slate dress and black stilettos, Winfrey scooted the rattan seat over herself. Sarandos quietly hustled onto the stage to move a small coffee table that was in her way. Later, when the conversation about Trump got particularly animated, Winfrey deadpanned to the audience: "We should be televising this."

Footage from Trump's rallies appears in 13th, which connects the criminalization and jailing of black men in jail to a provision of the 13th Amendment that prohibits slavery except as a punishment for crime. Available now on Netflix, the film is among 15 documentaries shortlisted for Oscar nominations, which will be announced Jan. 24.

DuVernay said she feared the police as a child growing up in Compton, California. As a student at UCLA, she studied American history, justice and institutionalized racism.

In researching the documentary, DuVernay said she was most surprised to learn about the American Legislative Exchange Council, a conservative group that proposes policies and legislation based on the corporate interests it represents.

Jones, who also appears in 13th, said, "You can't talk about the history of black America without talking about mass incarceration."

DuVernay and Jones agree that the recent police shootings of black men are part of a long history of criminalization of black people by politicians and police. They also agree that the prison problem isn't quickly or easily solved.

"It's not a one-answer question," DuVernay said, adding that she doesn't expect the issue to be remedied during her lifetime.

But she and Jones disagree on the best approach for dealing with the impending Trump administration. Jones said he wants to connect with Trump voters who supported him because they felt overlooked by other candidates.

DuVernay said she has no time for that. Racism and sexism are distractions, she said, "to my humanity and what I'm doing."

THE ASSOCIATED PRESS

(The doc is) an opportunity for Americans to find a place to come together and begin to have courageous conversations about what happened.
Ken Burns
For most of the clip, I'm trying not to start crying and wondering what my voice was going to sound like when the lights came up.
Trent Reznor, on first seeing the footage of the war that divided Americans in the 1960s
His music explores things that are very difficult to put into words and sometimes shy away from putting into words.
Filmmaker Lynn Novick on Trent Reznor
THE VIETNAM WAR
A FILM BY BURNS & NOVICK

IN THE TRENCHES REZNOR AND BURNS BOND DURING VIETNAM DOC PRODUCTION Ken Burns and Trent Reznor would seem like two unlikely collaborators, but both describe their recent work on the upcoming PBS documentary on the Vietnam War as among the most satisfying of their careers. Reznor, the Nine Inch Nails singer and Academy Award-winning film score composer with partner Atticus Ross, made the score for the 10-part series that debuts this fall. THE ASSOCIATED PRESS

metro SPORT

Eugenie Bouchard is into the second round of the Australian Open after beating Louisa Chirico 6-0, 6-4 on Monday

MLB OBAMA ENDS TERM BY CELEBRATING CUBS' WIN
U.S. President Barack Obama celebrated the World Series champion Chicago Cubs on Monday and spoke about the power sports has to unite people. "It is a game and celebration," he said. The White House event came four days before Obama hands the presidency over to Donald Trump following one of the most divisive elections in recent memory. THE ASSOCIATED PRESS

Malkin and Sheary end Caps hot streak

NHL

Pair netted five goals between them in Pens comeback win

Conor Sheary scored 34 seconds into overtime and the Pittsburgh Penguins ended the Washington Capitals' nine-game winning streak with a wild 8-7 victory Monday night that included nine second-period goals.

Sheary had two goals and an assist for the Penguins, who snapped a three-game losing streak. Evgeni Malkin picked up his 11th career hat trick during a frenetic second period, and Sidney Crosby collected his NHL-leading 27th goal to go with three assists. Bryan Rust and Nick Bonino also scored for Pittsburgh, and Matt Murray got the win despite allowing seven goals on 28 shots.

The Penguins trailed 3-0 before scoring six goals in less than 11 minutes in the second period, more goals than the Capitals had allowed in a game all season. Pittsburgh led 6-5 after 40 minutes.

Lars Eller scored twice for Washington, and T.J. Oshie, Brett Connolly, Nicklas Backstrom, Justin Williams and Andre Burakovsky also found the net. Philipp Grubauer made eight saves after coming on in relief of Braden Holtby, who was pulled during Pittsburgh's second-period deluge.

The Capitals came in with the NHL's best defence, leading the league in goals against while rocketing to the top of the hyper-competitive Metropolitan Division.

Malkin's 19th of the season, a second period one-timer from the right circle, put the Penguins on the board at 3-0 down 6:28 into the second, sparking a span of 10:51 in which the goalies on both sides found themselves fishing the puck out of the net a combined eight times. It looked like a hockey video game with the setting set to "rookie."

Some were pretty, like Sheary's backhand deflection by Holtby that came after a perfect cross-ice feed from Crosby that split the legs of Washington's Karl Alzner. Some were odd, like Rust's innocent flip from behind the net that ricocheted off Alex Ovechkin's skate and by a surprised Holtby.

The Capitals hadn't allowed more than five goals in a game this season. Pittsburgh put up six in less than 11 minutes, the last coming as Malkin jammed the puck by a sprawled Grubauer. And neither team was done. Crosby gave the Penguins a 7-5 lead 5:55 into the third, but Oshie and Eller beat Murray to tie it and assure each team of at least a point.

THE ASSOCIATED PRESS

Sidney Crosby and the Penguins celebrate Connor Sheary's overtime goal against the Capitals on Monday night in Pittsburgh. GENE J. PUSKAR/THE ASSOCIATED PRESS

MONDAY in Pittsburgh

8	7
PENGUINS	CAPITALS

MLB

Jays 'working hard' to keep hold of Jose

Outfielder Jose Bautista and the Toronto Blue Jays are "working really hard" to bring him back to the club, a person with knowledge of the negotiations told the Associated Press on Monday.

The person spoke on condition of anonymity because negotiations are ongoing. The sides are discussing one-, two- and three-year agreements. Bautista, 36, hit 22 homers with 69 RBIs last year while batting .234 in an injury-slowed season.

Bautista (265) ranks second behind Carlos Delgado (336) on Toronto's career home run list. After Toronto ended a 22-year playoff drought with an AL East title in 2015, Bautista hit a memorable three-run homer in Game 5 of the AL Division Series against Texas, punctuating his shot with a bat flip. He did not accept Toronto's US$17.2 million qualifying offer.

Jose Bautista GETTY IMAGES

The Blue Jays' failure earlier this off-season to re-sign fan favourite Edwin Encarnacion did not go over well in Toronto, which led the AL in attendance.

Encarnacion signed a $60 million, three-year deal with Cleveland after the Blue Jays withdrew their $80 million, four-year offer and reached a $33 million, three-year agreement with Kendrys Morales. Encarnacion hit 42 home runs and tied Boston's David Ortiz for the AL RBIs lead at 127. THE ASSOCIATED PRESS

NBA

Warriors make easy work of Cavaliers

Stephen Curry and the Golden State Warriors certainly looked ready to trade some more blows with LeBron James and the Cleveland Cavaliers come June.

The two-time reigning MVP hit five 3-pointers and had 20 points while matching his season best with 11 assists in Golden State's 126-91 rout of the defending champs Monday.

Klay Thompson scored 26 points with five 3s, and Curry made four steals. Draymond Green produced his third triple-double of the season with 11 points, 13 rebounds and 11 assists while matching his career best with five blocks - and had another dustup with King James in the process.

James had 20 points on 6-of-18 shooting and eight rebounds, and he and Green became the talk once more as their relationship turned even more testy.

Kevin Durant added 21 points, six rebounds, five assists and three blocks for the Warriors in a much-hyped matchup merely weeks after Golden State lost 109-108 in Cleveland on Christmas.

THE ASSOCIATED PRESS

Warriors' Kevin Durant, right, lays up against Cavaliers' Tristan Thompson, left, and Kyrie Irving. BEN MARGOT/THE ASSOCIATED PRESS

IN BRIEF

Ivory Coast's big names fail to break down Togo
Ivory Coast's Europe-based stars stumbled in the heat of northern Gabon in their African Cup of Nations opener, with the defending champion held by Togo to 0-0 on Monday in another twist to start the tournament.

Ivory Coast created few clear chances against Togo, with Wilfried Zaha's blocked shot in the second half after a clever run probably its best. THE ASSOCIATED PRESS

Lions sign rookie QB Ross
The B.C. Lions signed rookie quarterback Alex Ross on Monday. The six-foot-one, 205-pound Ross attended the Atlanta Falcons training camp last summer before being released.

Ross played at college for Coastal Carolina and left in 2015 as the school's all-time leader in passing yards (9,918), attempts (1,174), completions (760) and touchdowns (72).

THE CANADIAN PRESS

MAKE IT TONIGHT

Elevated Shrimp and Orzo Skillet Dinner

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Pantry staples help elevate this easy shrimp skillet dish featuring a zest sauce with tomatoes and balsamic vinegar.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 1 Tbsp (15 ml) olive oil
- 1 onion, diced
- 3 cloves of garlic, minced
- 1/2 tsp (2 ml) dried oregano
- 2 cups (500 ml) vegetable stock
- 1 x 14 oz (414 ml) can of diced tomatoes
- 1/3 cup (80 ml) balsamic vinegar
- salt and pepper
- 1 cup (250 ml) orzo
- 1 lb (450 g) cleaned, deveined shrimp
- big handful of fresh basil, sliced
- 1/2 cup (125 ml) feta, crumbled

Directions

1. In a large skillet, sautée onion and garlic in oil over medium heat until they smell great and soften up. Add the oregano and cook for another minute. Pour in stock, vinegar and tomatoes and taste for seasoning. Add salt and pepper.

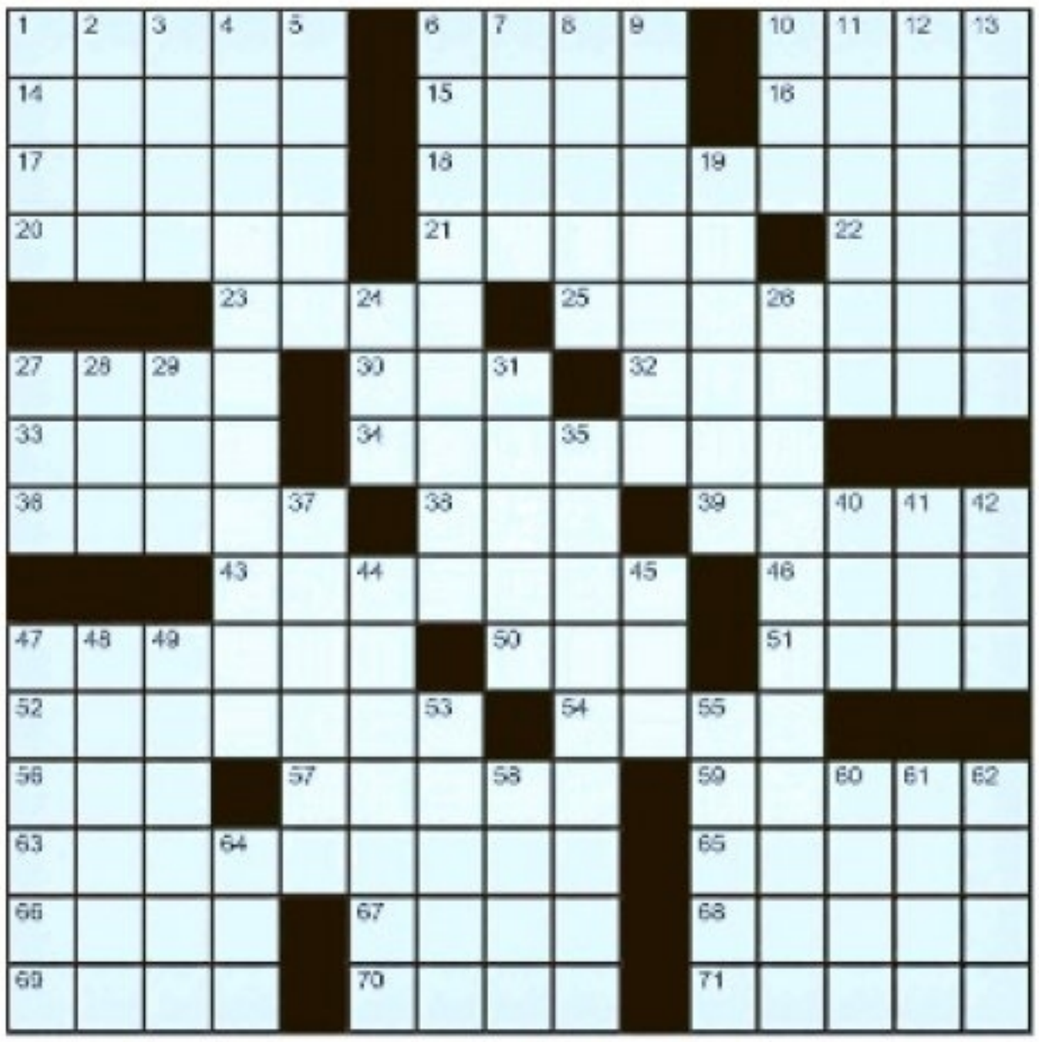
2. Add the orzo and allow everything to simmer for 15 minutes.

3. Drop in your shrimp and cook for another 3 to 5 minutes, or until the shrimp turn pink and opaque. Sprinkle basil and feta over top and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Sports car power booster, hip-style
6. 'Demo' suffix (Politician sort)
10. Res __ loquitur (Negligence standard, in law)
14. __ management
15. Comb's comb-ee
16. Bonds
17. Rover
18. Arf! Terrier types
20. Result
21. Boeotian Muse of memory
22. WNW's opposite
23. Canadian literary critic Northrop
25. Country legend Ms. West's
27. Ritzy ride
30. Antiquity
32. Surnamesakes of "The Good, the Bad and the Ugly" (1966) director Sergio
33. Completed
34. Appease the audience
36. Pounds, as hail
38. Not 'their'
39. Powerful tennis shot
43. Sporting dog, English Springer __
46. Peter Gabriel's "In __ Eyes"
47. Give the patrons a better table
50. Rocker Mr. Snider
51. Slaloms
52. From one side only, in law: 2 wds.
54. The Queen, less formally
56. Feathery fashion
57. Ms. Blair
59. "Beverly Hills, 90210" character
63. Speaks to the crowd
65. 'Affirm' suffix (Giving assent)
66. Wed's calendar predecessor
67. The Jackson 5 member
68. Use a landline
69. Gas station name
70. Visible
71. Precept

DOWN
1. Composer's creation
2. Stratford-__-Avon
3. Spinning stats
4. Arctic body of water: 2 wds.
5. Choose a restaurant dish
6. Lizard with many looks
7. "__ Man" (1988) starring Tom Cruise and Dustin Hoffman
8. Showed TV shows
9. Vibration in music
10. "Let's call __ __ day."
11. Board the bus as a bunch: 2 wds.
12. "__ __ Rider" by Eric Burdon & The Animals
13. Evaluate
19. Dissuades
24. "You got it."
26. Canadian design expert whose great-grandfather Conn is an Honoured Member of the Hockey Hall of Fame and also has an NHL trophy named after him: 2 wds.
27. Chop off
28. Beatles: "__ Got a Feeling"
29. Crooner Mr. Torme
31. Stonehenge ritualist
35. Square and Compasses secret member
37. Scant
40. Hunky-dory
41. __ generis (Unique, in Latin)
42. Puny day parts
44. Bears witness
45. Ms. Michele
47. Discount
48. Departure led by Moses in the Old Testament
49. "Ace of __" by Motorhead
53. Vintage dairy products cow
55. Modify
58. Apportion
60. Canadian dollar bird, Common __
61. "Rule, Britannia" composer
62. Moscow nope
64. '70s record label

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today the Moon is 180 degrees opposite your sign, which means you have to cooperate with others. This is not a big deal. It just requires a little patience and tolerance.

Taurus April 21 - May 21
Today you want to be efficient in everything. This is why you might be impatient with others if they get in your way. Be careful that your impatience doesn't create more problems!

Gemini May 22 - June 21
This is a playful day. You are in touch with your creative vibes. Enjoy sports events, social outings and fun activities with children.

Cancer June 22 - July 23
A conversation with a female family member might be significant today. In any event, you will want to cocoon at home, if possible.

Leo July 24 - Aug. 23
Short trips, conversations with others and a busy to-do list will keep you on the go today. It's a strong day for writers and people in sales, marketing, teaching and acting.

Virgo Aug. 24 - Sept. 23
Avoid disputes about money and cash flow today, because they might arise. Nevertheless, your focus is on financial matters, shopping and earning money.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, which gives you a slight advantage over all the other signs. Use this if you can; it happens for two days every month.

Scorpio Oct. 24 - Nov. 22
You might prefer to work alone or behind the scenes today, even though this is a busy time for you. This is an ideal day to catch your breath and get some perspective.

Sagittarius Nov. 23 - Dec. 21
A conversation with a female acquaintance could be important today. Why not share your future goals with this person to get her feedback?

Capricorn Dec. 22 - Jan. 20
Personal details about your private life might become public today, because the Moon is high in your chart. Just go with the flow — you can handle this.

Aquarius Jan. 21 - Feb. 19
Today you want to do something different to break up your routine. That's because you want a little adventure and a chance to learn something new. Good luck!

Pisces
Feb. 20 - March 20
Shared property, taxes, debt, inheritances and insurance issues might be your focus today. Wrap up loose details in these areas, if you can.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

6	8						3	2
2		4				1		5
3			8	5	2			9
	3						7	
1			5		4			6
5								8
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	1						4	
		8	3	7	9	6		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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3	8	4	5	6	7	2	1	9
9	5	2	1	3	8	4	6	7
6	7	1	4	9	2	5	8	3
2	1	9	7	8	4	3	5	6
4	3	8	2	5	6	9	7	1
5	6	7	9	1	3	8	4	2
7	2	5	6	4	9	1	3	8
1	9	3	8	7	5	6	2	4
8	4	6	3	2	1	7	9	5

On January 25, let's talk.

On January 25, Bell will donate 5¢ more to mental health initiatives for every:

- Text message*
- Mobile and long distance call*
- Tweet and Instagram post using #BellLetsTalk
- Facebook video view
- Snapchat using the Bell Let's Talk geofilter

bell.ca/letstalk

Bell Let's Talk

Howie Mandel

*Mobile calls, long distance calls and text messages must be made and sent by a subscriber. Regular charges apply.